



SEPTEMBER, 2022

The Station's Hours of Operation:

Tuesday: 12:00pm - 4:00pm,
 Wednesday: 9:00am -12:00pm,
 Thursday: 12:00pm - 4:00pm
 Friday: 10:00am – 4:00pm

ROOM	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CAFÉ	Coffee & Chat 12 – 4 pm	Coffee & Chat 9 – 12 pm	Knitting/Crochet 12 – 4 pm	Refer to Friday Schedule
Small Studio		Music/Singing 10 am	Bridge/Card Games 1 – 4 pm	Refer to Friday Schedule
Large Studio	Chair Ex. Class 1 pm		Stretch & Strength Class(Yoga Mat) 2 pm	Refer to Friday Schedule

Participants must have an Active Living Centre Membership.
 To obtain a membership, please call the Carleton Place Arena (613)257-1690
 or drop-in to the Station during any of the hours posted above.